





"An apple a day keeps the doctor away" isn't just a saying. With zero fat and only 81 calories, a juicy California apple makes a delicious and healthy snack.

**California Apple Commission**  
209-456-0900  
[www.calapple.com](http://www.calapple.com)



California leads the nation in the production of avocados. A cholesterol-free, sodium-free food with only 5 grams of fat per serving, avocados protect against heart disease and certain kinds of cancer.

**California Avocado Commission**  
714-558-6761  
[www.avoinfo.com](http://www.avoinfo.com)



Beef cattle serve many purposes. In addition to being an excellent source of nutrition, beef help prevent wildfires. Cattle grazing reduces the grass and materials which provide fuel for fire.

**California Beef Council**  
510-484-2333



California is the #1 dairy producing state in the nation. The Dairy Council provides Californians with scientifically accurate nutrition and health information to help them make healthful food choices. More than one million California adults & children use Dairy Council programs each year.

**Dairy Council of California**  
916-263-3560  
[www.dairycouncilofca.org](http://www.dairycouncilofca.org)



Californians know that only one cheese — Real California Cheese — can claim "It's The Cheese," just as only one cheese can carry the Real California Cheese Seal on its package. Only California-made cheese meeting strict quality requirements qualifies to bear this special mark.

**CA Manufacturing Milk Advisory Board**  
209-521-1060  
[www.cal-dairy.com](http://www.cal-dairy.com)



Chinook salmon are called "Kings" because they are regarded as the most prized and largest of the Pacific salmon. California is the leading producer of Chinook salmon along the Pacific Coast.

**California Salmon Council**  
916-358-2960  
[www.calkingsalmon.org](http://www.calkingsalmon.org)



California produces 100% of the nation's prunes and 70% of the world's supply. California prunes are filled with vitamins and minerals, are a good source of fiber, and are low in sodium.

**California Prune Board**  
510-734-0150



While not dominated by a single species, California's commercial fishing industry harvests nearly 300 varieties of fish and shellfish with a collective economic value to the Golden State estimated at more than \$700 million in 1995.

**California Seafood Council**  
805-568-3811



California is the #1 producer of strawberries. If all the strawberries produced in the Golden State were laid berry to berry, they'd wrap around the world 15 times. That's enough strawberries to provide every American household with 12 pint baskets.

**California Strawberry Commission**  
408-724-1301  
[www.calstrawberry.com](http://www.calstrawberry.com)



California is the leading producer of the nation's fresh peaches, plums and nectarines. Fresh California peaches, plums and nectarines are harvested between May and December.

**California Tree Fruit Agreement**  
209-638-8260



The California Tomato Commission is a state-mandated, 100% industry-funded organization that represents the growers, packers and shippers of California-grown fresh market tomatoes. Our purpose is simple: to create an environment that encourages the efficient production and marketing of fresh tomatoes.

**California Tomato Commission**  
209-638-8260  
[www.tomato.org](http://www.tomato.org)



Approximately 40 California counties are wheat-producing counties. These counties produce four classes of wheat: Hard Red Winter; Hard White; Durum; and Soft White. California wheat is used in such products as bread, tortillas and pasta.

**California Wheat Commission**  
916-661-1292

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